

## **Abstract**

A grip-aid gripping bandage adopted to be disposed over a finger or glove to protect the finger when using sports equipment or a hand tool and to provide enhanced control when using the sports equipment or hand tool. A first self-adhering strip is provided having a first predetermined length. A second non-self-adhering cushioning strip overlies a portion of and is bonded to the surface of the first self-adhering strip. The entire bandage, including the first self-adhering strip and the second non-self-adhering cushioning strip, provides protection from abrasion and pressure when the bandage is applied to a finger. In a further embodiment, an insert is disposed between the first self-adhering strip and the second non-self-adhering cushioning strip for enhanced protection for the finger.